THE WORRY TREE

If your child is feeling anxious, help them to identify their worry

Can they do anything about it?

No

Yes

Help your child to let the worry go

Distracting activity

Write it down

(e.g. use a worry box)

Make a **plan** together

What? When? How?

Now?

Later?

Do it!

Decide when

Let the

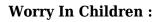
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Worry In Children

LM Reder



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